

The Foundations

Sleep, food, movement — and why everything else depends on them

What this workshop covers

- College is one of the highest-stress environments most people will ever inhabit — and it's also the environment where the basics fall first
- Sleep gets sacrificed for deadlines. Meals get skipped between classes. Movement disappears when the schedule fills up.
- This workshop is about why that pattern is exactly backwards — and what to do about it
- Three modules on sleep, food, and movement — not as wellness tips, but as the infrastructure your mind and resilience run on
- If the foundations are unstable, no amount of coping skill or therapy can fully compensate

Module 1

What everyday resilience actually is

Not bouncing back. Recovering faster. There's a difference.



Victory is not about an external achievement. It is about attaining inner peace.

— The Bhagavad Gita

Resilience on a college campus is not about performing well under pressure. It is about staying connected to yourself while the pressure mounts.

Why high-achieving environments are high-risk

- High achievement and high stress travel together — this is not an accident, it is the architecture of most college environments
- The culture rewards output: GPA, internships, leadership positions, research hours. It rarely rewards rest, recovery, or asking for help.
- 77% of college students report severe psychological distress in a given year. 54% report loneliness. These are not outliers — they are the environment.
- Resilience in this context is not toughness. It is the practiced ability to recover — to return to yourself after the wave.
- Awareness and action go hand in hand: knowing what is happening to your nervous system is the first step toward changing your relationship to it.

Coping vs. resilience — the difference that matters

Coping...

- Manages stress in the moment
- Reactive — responds to what's already happened
- Necessary and valuable
- Can become avoidance if overused
- Depletes when the tank is low

Resilience...

- Recovers faster over time
- Proactive — built before the wave hits
- Develops through consistent practice
- Expands capacity rather than just managing it
- Is trainable — it is a skill, not a trait